



2022 Season Information

Practice times:

Practices will be held Monday-Friday until the meets begin and will then be held Monday, Tuesday, Thursday, Friday. Fridays are no longer optional practices. Swimmers are encouraged to attend all practices.

5:30-6:00	6 & under
5:30-6:15	7 & 8
6:00-7:00	9 & 10, 11 & 12
7:00-8:00	13 & up

Season Schedule:

Wed, 5/4	Swim suit try-on night @ Cassels 2816 Towerview Rd, Herndon
Fri, 5/6	Movie Night and Swim Team Meet/Greet
Tues, 5/31	1 st Practice
Sat, 6/11	Time Trials (Location TBD)
Sat, 6/18	vs. Ida Lee (Home)
Wed, 6/22	vs. Woodlea (Away)
Sat, 6/25	vs. Landsdowne (Away)
Wed, 6/29	vs. Greenway Farms (Home)
Sat, 7/2	NO MEET/League Bye
Wed, 7/6	Tri Meet vs. One Loudoun & Stratford (Home)
Sat, 7/9	vs. Lenah Mill (Home)
Tues, 7/12	Team Photos w/ Olson Photography 5:00 p.m.
Wed, 7/13	vs. Exeter (Away)
Sat, 7/16	vs. Stoneleigh (Home) **Parent Relay?
Wed, 7/20	Tentative Relay Carnival (Location TBD)
Sat, 7/23	Divisionals
Wed, 7/27	Swim Team Pool Party and Awards
Sat, 7/30	All Stars